

Healthy Holiday Eating

Sunday, November 12; 11AM-1PM
\$20

Did you know we gain 10 to 15 lbs. between Halloween and New Year's Day?! This workshop includes healthy recipe makeovers (and samples!), holiday party tips and strategies to get you through the holidays in a healthy way.



**Pre-registration is
required for all
workshops.**

Peaceful Warrior Martial Arts & Healing Center

7830 E. Redfield Rd., Ste 11/12
Scottsdale, AZ 85260
480-200-1187

info@peacefulwarriorphx.com
www.peacefulwarriorphx.com



**Peaceful Warrior
Specialty Workshops
2017**

Health & Wellness

Personal
Development

Lifestyle Education

Yoga Full Spectrum

**Sunday, February 5; 11AM-1PM;
\$20**

This workshop will benefit you head to toe, inside and out and will cover a wide array of the aspects of Yoga. It includes pranayama (breathing techniques for grounding and centering), asanas (yoga postures) to improve strength and flexibility, moving/flow postures, balancing and more. We'll also discuss the chakras and how they relate to health, plus learn deeper yin postures to help restore balance and open up the body's muscle fascia. Great for all levels.



DIY All-natural Cleaning Products

**Sunday, April 23; 11AM-1PM
\$30**

There are a ton of nasty chemicals lurking in your cleaning products; most of which have been

linked to health-related problems. Learn to make your own all-natural cleaners like dishwashing detergent, glass cleaner, laundry soap, all-purpose cleaner and more. Save money, feel better, stay healthy. Supplies included.

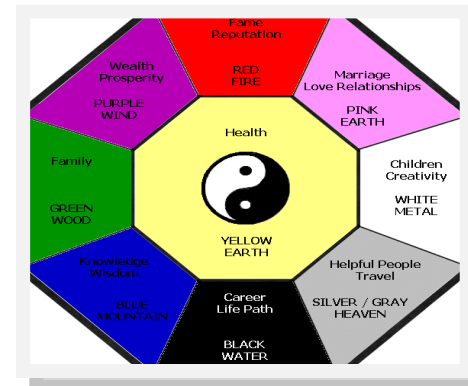


Intro to Feng Shui

**Sunday, June 11; 11AM-1PM
\$20**

Hang a wind chime to boost popularity. Never sit at your desk with your back to the door. These are just a couple of tips from the ancient Chinese philosophy used to create harmony with our environment and bring balance into our living and work spaces. This workshop focuses on creating optimal spaces to enhance health, wealth and happiness. Learn where your own personal auspicious locations are in

your home and office, and how to maximize energy flow.



Asian Healing Arts

**Sunday, September 17; 11AM-1PM
\$20**

This workshop is an overview of the many ancient healing practices of the Asian cultures. From Japanese shiatsu and reiki to Chinese herbs and acupressure to one of the oldest known forms of healing called Ayurveda, these techniques can be used at home to keep you and your family healthy and thriving.

